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THEN and NOW!

The Way It Used To Be

Paulette

The curtain is closing on Autumn's Show and it has been a spectacular show. The trees, arrayed in vibrant colors received nothing but the highest compliments from even the toughest, most critical observers. An unforgetable performance.

Too soon the clear crisp days and slightly cooler nights have given way to chilling rain and lowered temperatures. The leaves, past their glory, have taken on hues of brown and gray and are beginning to fall, their act completed. Another show is opening - - - winter.

With the coming of winter, we think, with pleasant anticipation, of the holiday season. When our minds turn to Thanksgiving and Christmas, we think of good food and entertaining.

Let's look back to the early 1800's and in some instances, even the pre 1800's and see what the ladies did about food THEN.

First of all, let's sneak into the large, cheerful kitchen. Red geraniums in a pot on the window-sill and the red-checked cloth on the big round table seem to say to the visitor, "Come on in, have a seat."

Dominating the room is a fireplace, the hardwood fire crackling as it sends fingers of light to reflect on the brass base of the oil lamp on the shelf. Across the room is a massive wood stove, its nickel trim glittering like polished silver. The kitchen clock, with the steady beat of its pendulum, has a strangely hypnotic effect. As you sit on the woodbox in a corner, out of the way, you almost go to sleep. Then you see it.

On the floor beside the sewing rocker is a basket of yarn and a half-finished garment. Tucked inside the basket is a book, "Grandmother in The Kitchen", by Helen Adamson. Let's see, it's a book of recipes and household hints from the early 1800's and even a few pre-1800's. Let's look at a few - - -

TO BREW COFFEE - (early 1800's) Put a large coffee cup (8 oz.) of ground beans into a pot that will hold 1 quart of water; **add the white of an egg**, or two or three clean eggshells, or a bit of well-cleaned and well-dried fish skin (cod or haddock) the size of a nine pence. Pour upon it 3 pints of boiling water, boil ten minutes, then pour out a little from the spout in order to remove the grains that may have boiled into it; strain this back into the coffe pot. Let coffee stand 8 to 10 minutes where it will keep hot, but do not boil it; boiling coffee a great while not only makes it strong but not so lively and agreeable.

If I had lived, THEN, I would not be the coffee drinker that I am today! Let's see what else we can find. Oh, here's a hint -

SHAVING BRUSH FOR BAKING (mid 1800's) An old but not too badly worn shaving brush of really good quality is really the best kind to use while baking. In dusting off the flour, it is soft and pliable but, above all, the hairs do not fall out and it can be cleaned without injury in very hot water.

The ladies of those days really knew how to'make do' but **A Shaving Brush For Baking!** Oh well, it's look at a few more of their helps & recipes - - -

THE SECRET OF BOILING STRING BEANS - To boil a mess of truly fine string beans, bring them to a fast boil, a fast and furious boil! For this, try the ancient trick of heating a poker or some similar tool **WHITE** hot; drop the beans in boiling water and at the same instant, stick the poker into the beans. Instead of bubbling out, the water will boil up instantly; keep it boiling 15 minutes for tender beans.

If you are looking for something different, try **NO MATTERS**. Take three cups of sour milk, 3 tablespoons of cream or butter; add enough flour to make a moderately stiff dough and roll each one out to about the size of a dinner plate; fry in hot lard; cover each with nicely seasoned apple sauce; lay them one over the other.

Belive it or not, there was a recipe for **ROASTED COW'S UDDER** (pre 1800's) This, for those who deem it a delicacy, is usually served with an ox-tongue that has been pickled about 3 days. They are parboiled together, the udder stuffed with parsley. After the parboiling, the parsley is removed; the udder is stuck thick all over with cloves and tied to the tongue; they are spitted together and basted with butter while browning.

After that one, my appetite suddenly vanished, how about you? Here's one for corn bread, called **CORN BANNOCKS** (mid-1800's) Mix one pint of yellow cornmeal with 1½ teaspoons of baking powder and cut in 4 teaspoons of lard or drippings with a good pinch of salt; add enough cold water to make the dough like that for biscuits. Drop the bannocks from a spoon onto a greased, skillet over a mild fire until they are brown, then flip them over and brown on the other side. To test for doneness, pull a sharp splinter out of a log and stick it in the middle of a bannock; if the splinter comes out clean, it is time to break the bannocks into pieces and eat them with melted butter.

Now that one sounded a bit more appetizing, except for the bit about the splinter. Let's see what their pie recipes were like - - - **ACID PIE** - One cup of soft bread or crackers, 1 cup of sugar, 2 cups of water, a little lemon and one egg. Last of all add one teaspoon of tartaric acid. That's all there was to the recipe, nothing on mixing or cooking. But then, it didn't really sound too good anyway.

Just in case one got a stomach ache from all the home cooking, there was a remedy that could be make at home. Read on - - -

Stomach Tincture (early 1800's) Let 1½ ounces of bruised Peruvian bark and one ounce of orange peel (mashed) steep for ten days in one pint of brandy. Shake the bottle daily for 8 days, let it remain quiet for 2 days and then decant the clear liquor. A teaspoonful in a wine glass to be taken twice daily before meals. This agreeable tonic is an effective help to restore your stomach to a good temper, good appetite, and good digestion. Do you suppose this really was a cure or just got the patient into such a state he didn't give a hoot? Either way, it sound like strong medicine!

As we approach winter and think of entertaining and food, I'm so glad that I live NOW; how about you?

I want to thank Barbara McLaughlin for the loan of her book, "Grandmother In The Kitchen." Not only was it most entertaining but very enlightening!

YOUNG HOMEMAKERS TO MEET NOV. 15TH

The Young Homemakers will be meeting November 15th at 7:30 p.m. at the Appomattox Middle School in the Home Ec Department.

The program will be given by Shirley Walton, Extension Agent, and will be on Christmas Decorations.

Each member is asked to bring their favorite Christmas decoration to share with others.

Virginia Agriculture Week 1977

Virginia's first industry, agriculture, will celebrate 370 years of producing food and fiber during Agriculture Week being celebrated this year, Nov. 13-19.

Gov. Mills E. Godwin, Jr., has recognized the week in a Certificate of Recognition calling attention, not only to our agricultural heritage, but also the 100th Anniversary being celebrated this year by the Va. Dept. of Agriculture and Commerce.

Coordinating this year's activities is the Citizen's Agricultural Centennial Committee (CACC) made up of over 100 men and women interested in Virginia and its agribusiness.

On Nov. 15, 1977, a luncheon will be held in Richmond sponsored by the Friends of the Industry of Agriculture, the Richmond Kiwanis and Rotary Clubs, and members of CACC.

The bakery industry will be distributing on loaves of bread a special sticker calling attention to the event that week.

In various locations across the state special programs are being planned with speakers, farm tours, and special radio-TV and newspaper recognition.

The idea for a special salute to agriculture in Virginia was suggested by the Board of Agriculture in 1976 as a part of the State's Bicentennial observance. The event proved so popular it was decided to continue it on a regular basis.

MISS BURKS 5TH GRADE 4-H CLUB

On October 18, 1977 our president, Kevin Kendricks, opened the meeting. Troy Woods lead us in the Pledge of Allegiance to the flag, and Lawane Watkins lead us in our 4-H pledge. Charlene Reed, Carolyn Carnefix and Jo Ellen Garrett, our recreation leaders, lead us in games. Mr. Sweet talked to us about the Bike-A-Thon and Share-the-Fun. We picked projects from three posters that Mr. Sweet and Mr. Goldman put up. Mr. Goldman showed us some old slides of Share-the-Fun. Then president, Kevin Kendricks closed the meeting.

Kevin Garrett, Reporter

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OKLAHOMA CITY - Now serving at Tinker AFB, Okla., with an Air Force Communications Service Unit is First Lieutenant Wilmer E. Jones, son of Mr. and Mrs. Norman H. Jones of Rt. 1, Spout Spring, Va.

Lieutenant Jones, a communications maintenance officer, was previously assigned at March AFB, Calif.

The lieutenant, a 1970 graduate of Appomattox (Va.) high school, received his B. S. degree in 1974 from Virginia Polytechnic Institute and State University at Blacksburg. He was commissioned through the Reserve Officers Trianing Corps program.

Lieutenant Jones' wife, Marcie, is the daughter of Mr. and Mrs. John E. Shinholser of 7616 Alvarado Road, Richmond, Va.

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